



Northfield Senior Center Newsletter

January 2023

The Northfield Council on Aging provides services to promote healthy aging of Northfield citizens ages sixty and older in Northfield and surrounding communities.

COUNCIL ON AGING STAFF & BOARD MEMBERS

Senior Center /CoA Director:

Colleen Letourneau, LSW

Program Assistant: Linda Keech

Board Members:

Deb Lanou, Chair
Jim Whitcomb, Co-Chair
Betty Whitcomb,
Treasurer
Debby Wiesen Kelly,
Interim Secretary
Margaret Livingstone
Judie Tate
Peter Vearling (*pending*)

Phone & Information: (413) 498-2901 x 114

Email:
seniorcenter@northfieldma.gov

Website:
www.northfieldma.gov/seniorcenter

Address:
69 Main Street
Northfield, MA 01360

Friends of the Northfield Seniors!

Howdy! My name is David Kelly and I am the new Treasurer of the Friends of the Northfield Seniors.

My wife Debby and I are new to Northfield (we moved here in the Fall of 2021), but I visited as a child. There was a break in my visits between high school and my late 60s, but about 7 years ago we were passing through on our way to Dublin, NH, and all of a sudden, the drive started to look familiar. We started coming on regular visits and stayed at the Centennial House. When visits became monthly, we realized it was time to move and we found an old home on Main Street (at 193 years, it's our oldest home). The following year, I was elected a Constable.

I grew up in CT and my grandfather was a family doctor in Montague and later in Amherst. His brother was a minister in Plainfield and we spent many Thanksgivings at his farm. My mother went to Northfield Seminary, thus the local connection.

After high school, I went to college and eventually received my degree in Industrial Technology from the University of Southern Maine. I've worked in a variety of locations doing research, teaching software and hardware installations, teaching introductory software classes, and travelled extensively. On one of my business trips, I was lucky to sit next to Debby and eventually she moved to Maine and our relationship became permanent. After several years together, we decided more education was in our futures. We moved to the Boston area and after working a few years, I returned to school and received a Master's in Education. I ended up becoming an adjunct professor at Boston University Graduate School of Education for a while and returned to working in the areas of research, teaching, and training at customer sites. My travels were mostly domestic, but I went to Great Britain on a couple of trips and spent 6 weeks in Australia.

My most recent work was as a technical writer in the software development department of an international energy management organization. Things slowed down in 2021 and my services weren't needed, so I guess (technically) I'm unemployed, not retired :-)
I think all of the work I've done with computers and spreadsheets has made me qualified to be a Treasurer, and I look forward to the opportunity to become more involved with this organization.

David Kelly, Friends of the Northfield Seniors, Treasurer



Public Health

Prevent. Promote. Protect.

Cooperative Public Health Service

Franklin Regional Council of Governments

Drop-In Nursing Hours January 4th, 12:30-2:30 p.m.

Everyone is welcome, no appointment needed for Drop-In Nursing. Confidential services available at walk-in wellness times include blood pressure, blood glucose checks, support with managing chronic health conditions and self-management of medications, sharps disposal and container exchange.

This nursing service is provided on the first Wednesday each month by nurses **Meg Ryan** or **Lisa White** from the **Cooperative Public Health Service of the Franklin Regional Council of Governments**. **If you need help finding a COVID Vaccine** or for more information, contact Meg Ryan, RN at mryan@frcog.org, 413 774-3167 x 158, or Lisa White, RN, lwhite@frcog.org, 413 774-3167 x 156. Come and say hello!



Coffee Social
MONDAY - January 9th
10:00 a.m. – Noon

Speaker from **GFLD Savings Bank** starts at 11:00 a.m.



The Bucket List

Ensuring that your hard-earned Assets fill the Right Beneficiary's Bucket. Most Seniors have done careful estate planning with a thoughtful and skilled attorney, with your specific goals in mind to ensure your loved ones or other beneficiaries reap the benefits of your life's legacy. We'll use various buckets to demonstrate how assets held in a typical estate might be carried out through your Plan, and show some real life examples of estate planning gone wrong!

&

SPECIAL Conversations with PVRs SUPERINTENDANT



COFFEE HOUR
THURSDAY - January 19th
11:00 a.m. – Noon



The school district is entering an exciting process of renewal and rejuvenation. The Superintendent and the Director of Finance and District administrators would like to share some of the ideas being considered and to gather feedback from community members about them. They would also like to share information about the budget development process for the coming year. Please bring your questions and ideas for our schools to this interactive conversation.



Life Path is continuing to assist folks with Medicare questions by calling LifePath's main number (413) 773-5555 ask for **SHINE**.

SHINE - Servicing the **H**ealth **I**nsurance **N**eeds of **E**veryone

JANUARY Backdoor Take and Go Lunch!

*Cream of Mushroom Soup, Garden Salad, Roll
Lemon Bar for dessert*

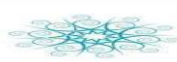
Friday, January 13th @ 11:30 a.m.

Available for pickup at the Senior Center Kitchen Back Door.

Suggested Donation of \$5 per meal is appreciated to help cover our costs.

**MUST RSVP by calling the Senior Center at 413-498-2901 x 114 or emailing
seniorcenter@northfieldma.gov**

By no later than 3:00 p.m. Monday, January 9th !



Brown Bag Program Accepting Applications! If you are having trouble keeping enough food on your table and would like some help, please contact the COA at: 413-498-2901x114 or email seniorcenter@northfieldma.gov for instructions on how to apply for monthly distribution of extra food (limited income service program).

Pick up is available on the FIRST THURSDAY of every month.



*** Free monthly community meals sponsored by the Franklin County Community Meals Program (FCCMP). Available every month on the 4th Thursday from 5-6p.m. for takeout at the Trinitarian Congregational Church (147 Main Street, Northfield).**

***RSVP the week before by**

Calling: 334-663-6541 OR e-mailing ldewitt@fccmp.org OR online at fccmp.org/rsvp.

Food Pantry is open at the Dickinson Memorial Library, 115 Main St in Northfield on the 2nd and 4th SATURDAY of each month, between 10:00 a.m.-1:00 p.m. Please Follow COVID-19 Posted Rules.



The **Supplemental Nutrition Assistance Program (SNAP)**, formerly known as the Food Stamp Program, helps you stretch your food dollar to buy nutritious foods. Single people, families, the elderly, working couples – all types of people receive SNAP benefits. Eligibility is based primarily on household income and certain

expenses. +To find out if you're eligible and to apply **CALL The Food Bank of Western Massachusetts – SNP Department at 413-992-6204** for more information.

LOAVES & FISHES

Administered by the TCC Mission Food Project assures applicants of profit also has funding available to assist and essential bills for those who have been furloughed, laid off or simply need emergency assistance.



Committee, this Emergency confidentiality. This local non-with paying a portion of utilities

Call Cathy Hawkins Harrison a 413-498-2038 for more information.

JANUARY

Further details for Programs on our Calendar are posted elsewhere in this Newsletter.

Monday	Tuesday	Wednesday	Thursday	Friday
2 HOLIDAY OBSERVED Town Hall and Senior Center CLOSED	3 Foot & Blood Pressure Clinic by appointment only 1:00 – 4:00 PM Samba card game	4 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class Zoom ONLY 12:30 – 2:30 PM Nurses Available	5 9:30 AM 60 + Yoga (Libby) Zoom & In-person @ Town Hall BROWN BAG pickup @ 11:30 AM	6 Senior Center & Town Hall CLOSED on Fridays
9 Last day to RSVP for Take & Go Lunch Speaker @ 11 AM 10:00 AM - Noon Coffee time snacks & knitting  1:00-4:00 PM Bridge	10 1:00 – 4:00 PM Samba card game	11 RSVP for Art Class 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance Class Zoom ONLY	12 9:30 AM 60 + Yoga (Libby) Zoom & In-person @ Town Hall 12:30 PM – TED TALKS 1:00 PM Knitting	13 11:30 AM Take & Go Lunch pick up by reservation *Senior Center OPEN until 1 PM
16 HOLIDAY OBSERVED Town Hall and Senior Center CLOSED	17 1:00 PM CoA Board Meeting 1:00 – 4:00 PM Samba card game	18 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class Zoom ONLY 1:00 PM ART CLASS	19 9:30 AM 60 + Yoga (Libby) Zoom & In-person @ Town Hall 11:00 AM - Noon  SPECIAL Coffee Time with SPEAKER	20 Senior Center & Town Hall CLOSED on Fridays
23 RSVP for Tech School Culinary demonstration 1:00-4:00 PM Bridge	24 9:00-11:00 AM Veterans' Services with Brian Brooks 1:00 – 4:00 PM Samba card game	25 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class Zoom ONLY	26 9:30 AM 60 + Yoga (Libby) Zoom & In-person @ Town Hall 10 AM – Noon Internet Café  1:00 PM Knitting	27 Senior Center & Town Hall CLOSED on Fridays
30 11:30 AM SPECIAL TECH School Demo & Food reservation required 1:00-4:00 PM Bridge	31 1:00 – 4:00 PM Samba card game	INCLEMENT WEATHER & CLOSINGS: Listen to TV Channels 22, 40, Radio WHAI, Bear Country & Wizz radio When the Northfield Schools are closed the Northfield Senior Center and Town Hall will be closed.		

New participants always welcome to come and learn.



NEEDLE FELTING
Art Class
Wednesday, January 18th
Starting at 1:00 p.m.



Using local sheep fleece, colored wool roving, and felting needles, learn Needle Felting to create some Valentine hearts and snowflakes using cookie cutters.

Please bring a leather glove, if you have one, for your non-dominant hand as a safety precaution while using the needles. If you have a cookie cutter whose shape you'd like to use for making a felted object, feel free to bring that, too.

Come join our Art Class by retired art teacher Ginny Rockwood.

PRE-REGISTRATION/ RSVP DUE BY 1/11/23

Call 413-498-2901 x 114

Cost is \$10.00 for all materials and professional instructions.

Minimum of 4 people and maximum of 12 people



"Happy Feet" Walking group
POSTPONED in JANUARY - to Resume in FEBRUARY



We will resume our Happy "Little" Feet recess activities in the springtime. See you soon 😊



LOOK4HELP



<https://www.look4help.org/>

The Look4Help Public Resource Directory, a program of Community Action Pioneer Valley, is a free, web-based public information service that is available 24 hours a day, seven days a week. There are close to 1,000 agencies, programs or services at over 450 locations, available to serve you.

60+ YOGA

Zoom and in-person at the Northfield Town Hall

Thursdays 9:30 - 10:30 a.m.

***see statement below**

Based on the gentle **Viniyoga™** approach, this class is accessible to people with any amount of flexibility and yoga experience. We'll be working in and around a chair: standing is optional. Alternatives are offered for anyone who prefers to remain seated. *Beginners welcome!* Explore how the tools of yoga can help you

- move with more ease,
- balance with greater confidence,
- breathe more deeply,
- think more clearly, and
- sleep more soundly.



Open to anyone 60+ living in Northfield and surrounding towns. *Funded by a combination of state and federal grants administered by Lifepath, Inc. and the Town of Northfield, MA*

Donations appreciated but not required. *If you'd like to donate, please make checks payable to the "Northfield Council on Aging", write "Exercise Fund/60+ Yoga" on the Memo line, and mail to Northfield Senior Center, 69 Main Street, Northfield, MA 01360.*

Donations ensure the continuation of this valuable program.

***New students** must register in advance and complete a Waiver prior to attending first class.

To register/ for more info: call or text 413-834-4524 or email libby@yogalibre.net.

"Class via Zoom only when: The Senior Center is Closed ~ The local schools are closed due to inclement weather" as the Town Hall is also closed.



Healthy Bones and Balance Classes

Every Wednesday starting at 10:30 a.m.

ZOOM only

(An email with the Zoom link will be sent to registered participants.)

All Are Welcome

- ✓ COVID Safe – Comfort of your own home via zoom invitation
- ✓ Low Impact (provide your own sturdy chair)
- ✓ Focused on Improving Balance and Core Strength
- ✓ Adaptive ("weights" = canned goods; "exercise balls" = rolled socks)
- ✓ FREE TUITION – Thanks to a partnership with RSVP (Retired Senior Volunteer Program)!!

To register/for more information email seniorcenter@northfieldma.gov

Reserve your spot by calling or emailing the Senior Center at (413) 498-2901 x 114



Knitters and Crocheters!

2nd & 4th Thursday each month @ 1:00 – 2:00 p.m. and at coffees



THIS MONTH: **January 12th @ 1:00 p.m.**
January 26th @ 1:00 p.m.

Our current project is learning to knit **SWEATERS** ! Bring your yarn, patterns and supplies. If interested in knitting sweaters from your home, please contact Betty Whitcomb at l.enfantd.hiver@gmail.com.

Please note that on the second Thursday of each month, the Senior Center airs TED talks starting at 12:30. Knitters are welcome to attend the TED talks, but there will be no knitting related discussion until 1:00 when TED Talks ends.



Continuing ** INTERNET CAFÉ **Continuing
Thursday, January 26th
10:00 a.m. – Noon
Free Wi-Fi



DROP IN bringing your own tech devices (laptops, tablets, smartphones).

OR

RSVP (413-498-2901 X 114) for instructions on using our iPads. The four iPads that we have are also available for short-term loans, after completing an application. iPads were purchased through a grant from Life Path.

Linda Keech & Carol Pike will be on hand for Senior Center iPad instructions or assistance with using your personal tech devices.



CARD GAMES

Ongoing ~ SAMBA –

Every Tuesday each month 1:00 – 4:00 p.m.

A variant of Canasta, you're invited to observe and learn from an experienced group of players. New groups can form when more participants are interested.



Ongoing ~ BRIDGE –

Every Monday afternoon 1:00 - 4:00 p.m. and Wednesday morning 9:00 a.m. – Noon.



SAND/SALT BUCKETS AVAILABLE

Contact the Senior Center 413-498-2901 X 114 to reserve your bucket for use during this winter season.



Foot & Blood Pressure Clinics

Foot Clinic open for LIMITED in-person appointments!

1 Clinic this month: January 3rd

Please call for dates and availability 413-498-2186 or 413-498-2901, ext. 114.

(Slots fill up fast)

Foot Clinics are two Tuesdays every month! Nail trimming, simple consultations, will trim fingernails too. Blood pressures by request. Dates are posted on the monthly calendar. Mask required.

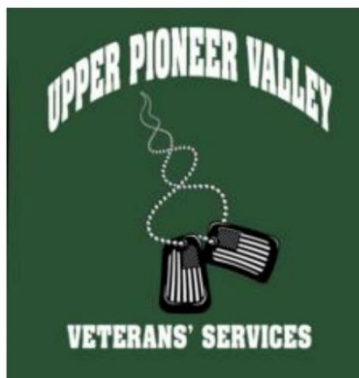
Service is free; donations appreciated for supplies and for Council on Aging programs.

SPECIAL NOTE: During January and February 2023, Patter Field will not be available for our regularly scheduled Foot Clinics.

BUT . . . the Bernardston Senior Center has offered their Foot Clinic Clinicians to us during these two months.

- Appointments must be made by calling their Center: **413- 648-5413**. Please let them know you're from the Northfield Senior Center.
- Cost is \$20. (This is the same as the Bernardston Seniors pay.) The balance is paid through a grant they received.)
- Dates are: **1/17/23; 1/19/23; 2/16/23; and 2/21/23**. Hours are **9:00 a.m. to 3:00 p.m.**

Please call as soon as possible to make your appointment. Their slots fill up fast (as ours do) and this will help Bernardston plan for you.



Veterans' Agent Hours

As a member of the Upper Pioneer Valley Veterans' Services District, Northfield will now have a veterans' agent conducting outreach hours at the Northfield Senior Center.

The veterans' agent will hold hours the **Fourth Tuesday of every month from 9:00 a.m. to 11:00 a.m.** They will provide information on veterans' benefits for veterans and their dependents and schedule one on one appointments as needed.

Next offering is **January 24th**.

Please call the Veterans' Services office at 1-413-772-1571 for more information or the Northfield Senior Center Director at 1-413-498-2901 X 114 to speak with Colleen Letourneau.

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SPECIAL CULINARY Demo

Monday, January 30th

Starting at 11:30 a.m.

LIMIT 15 – RSVP by Monday, January 23rd. Call 413-498-2901 ext 114

Franklin County Technical School Culinary Arts Juniors will show their culinary talents by demonstrating flambe of apples and cinnamon with rum and crepes, topped with whipped cream. Everyone will have an opportunity to taste their creation!



Donations to the FCTS Culinary Arts are suggested and gratefully appreciated. FCTS Culinary Arts uses donations for student uniforms, field trips, and other activities.



TED TALKS

hosted by

American House Senior Living Communities Keene N.H.



Thursday, January 12th @ 12:30 p.m.

THEME: FOOD & SURVIVAL

- 1. Pamela Ronald: The case for engineering our food.**
- 2. Laura Boykin: How we're using DNA tech to help farmers fight crop diseases**

We'll discuss **Interesting and informative short films on a variety of subjects. Ted Talks comes to you the 2nd Thursday of the month 12:30 – 1:00 p.m.**

- If interested in receiving the zoom link, email: keeneassistant@americanhouse.com**

OR better yet,

Come to the Senior Center and watch Ted Talks with us on our flat screen TV.

FUEL ASSISTANCE 2022-2023

Community Action Pioneer Valley offers this program for our neighbors with low incomes to pay a portion of their home heating costs. Eligibility and payment amounts are determined by family size and gross annual household incomes.

→ **Returning applicants/recertifications** were mailed in October & November.

→ **New applicants** can contact Linda/Northfield Senior Center for more information and an appointment **OR** <https://www.toapply.org/CA>.

The Northfield Council on Aging is open for additional Board members. If you or someone you know is interested, please call Colleen Letourneau (Director) at 413-498-2901 ext. 114.



**Franklin Regional Transit Authority
FRTA
Senior Van support**

Call the VAN SERVICE! (413)768-1824
48 Hours Notice
Leave a MESSAGE with a call back number.

Safe! Easy! Affordable!

Vans are Sanitized and Accessible! MASKS REQUIRED

**Medical Appointments
Hairdresser**

**Groceries
Bank**

**Pharmacy
Coffee**



Neighbors at Home

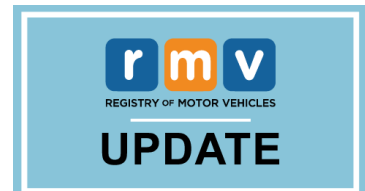
Call in your service requests – New # 413-200-8183

Contact: info@neighborsathome.org or

service@neighborsathome.org www.neighborsathome.org.

As of July 1, 2022, member fees will be \$60 for an individual and \$90 for a household.

REAL ID Credential Won't Be Needed Until 2025
To fly Domestically or Enter Some Federal Facilities
U.S. Department of Homeland Security has extended
REAL ID full enforcement date to May 7, 2025



Massachusetts residents may go online for information about the REAL ID
and about online renewal eligibility:

<https://www.mass.gov/orgs/massachusetts-registry-of-motor-vehicles>



Melissa Stetson
A Bernardston/Northfield CoA
Volunteer

June 27, 1969 – November 25, 2022

Sharon VanBuren

May 28, 1962 – December 3, 2022